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Competition: Page Two

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Business centre opens at college

BUDDING entrepreneurs in east London are turning their business ideas into reality.

The Entrepreneurial Pod at Barking and Dagenham College, in Dagenham Road, is giving students a place to pitch ideas and develop them into complete business plans.

The Pod was designed by students at the college and is equipped with conference facilities, meeting rooms and computers with the latest design software. The facilities, which replaced a former canteen, can be hired by students and local small businesses who can also talk to staff at The Pod to get tips and advice about their business ideas.

Howard Jeffrey, head of the Entrepreneurial Pod, said: "We are really pleased with the success of The Pod because it is a great, safe place for our students and local businesses to explore their entrepreneurial ideas and to put together their business."

Steven Upton is one of many students who have become regular visitors to The Pod.

The 18-year-old, from Dagenham, who is currently studying a business diploma at the college, is working to develop a gaming and technology business called Shy Zone.

He said: "I'm in The Pod all the time. It's a great place to come and the staff are all really friendly, down to earth, supportive and excellent business mentors for us too."

They helped me with my business plan and through the events The Pod is involved in I've been to lots of networking events which has given me great business experience."

Shaheen Iqbal, 19, from Ilford, is also studying a business diploma at the college but she is also hoping to create her own up-cycling business with the help of The Pod.

She said: "The Pod provides an excellent place to help students develop their ideas and put them into action. I think we all need a bit of confidence and reassurance that someone is behind us helping and that's exactly what you get from The Pod."



Chief enterprise leader Adnan Mahmood and student Steven Upton
Picture by Mark Cleveland

The Pod is also providing a space for four student businesses to operate with a florist, stationery shop, photography business and IT shop currently trad-

ing from the college.

If you would like more information about The Pod and the facilities it has to offer e-mail howard.jeffrey@bdc.ac.uk or call 020 8090 3020 extension 7213.

RIVERSIDE'S FLATS PLAN ANNOUNCED

By Paul Peterson

barking@yellowad.co.uk

PLANS to build four new apartment blocks at Barking Riverside have been unveiled.

The £50million project from the Sigma Capital Group will create 318 new homes and will be the regeneration company's first ever London site for privately rented housing.

The apartment blocks will also be the first privately rented housing on the 443 acre Barking Riverside development, which of the largest regeneration sites in Europe.

Graham Barnett, chief executive of

Sigma, said: "We are delighted to be playing a small part in one of the largest and most ambitious development projects in the UK."

The Barking Riverside project is being created along two kilometres of Thames river frontage near Barking Town Centre and has planning permission for 10,800 homes.

Councillor Cameron Geddes, cabinet member for regeneration, said: "This investment signals confidence in Barking Riverside as a new destination and place in London. It will further add to the mix of housing being delivered in this emerging community."

"The council is committed to

encouraging growth and unlocking the potential of our residents and this announcement not only brings in much needed development but will bring employment opportunities for local people. It is very much welcome."

The mayor of London, Boris Johnson, said: "This is a great boost for London's newest suburb - Barking Riverside. This dynamic site continues to win design awards and I welcome Sigma's involvement in one of Europe's largest regeneration projects."

The construction of the apartment blocks is expected to start later this year - subject to detailed agreements

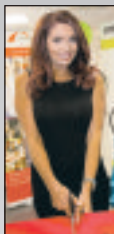
and funding. The work should be completed by the end of 2016.

Mr Johnson has also called for central government to provide £100million to fund a new rail extension from Gospel Oak station into the Barking Riverside development.

Deputy council leader of Barking and Dagenham, councillor Rocky Gill, said: "We welcome the mayor's support for this extension. If we do not get this funding it will be the end of the line for Barking Riverside because under planning rules we will have to stop construction at 1,200 homes because of a lack of adequate public transport."

Becontree, Becontree Heath, Chadwell Heath, Creekmouth, Rush Green, Parsloes Park, Upney

INSIDE this week



**Amy Childs
opens new
beauty school**

Page 6

Yellow Advertiser

Yellow Advertiser Ltd, Acorn House, Great Oaks, Basildon, Essex SS14 1AH.

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Nominate your favourite pub for award

DRINKERS have just another week to nominate their favourite watering hole for a top award.

The Pub of the Year competition has been launched by Barking and Dagenham Council to help support local boozers and to celebrate the traditional pub's place in the borough's heritage.

Latest figures have revealed that 13 pubs have closed down in Barking and Dagenham since 2008, which means that the number of pubs in the borough has fallen from 48 to 27 in the last 26 years.

Councillor Cameron Geddes, cabinet member for regeneration, said: "This is not only an economic loss but a loss of important historical buildings of architectural and civic interest. Pubs are an important community

asset and can be a hub of social interaction.

"We hope local residents, business owners and people working in the borough will help raise the profile of their favourite pub by nominating them in our competition."

The council is also launching a six week public consultation to ask people to comment on a new draft planning document setting out how public houses could be preserved.

It will be used to determine planning applications relating to the loss of pubs and will include guidelines to help challenge redevelopment, demolition or change of usage.

Cllr Geddes added: "We hope local people will make their feelings known about the proposals to better protect the borough's pubs by taking part in the consulta-



NOMINATE: Pub manager, Leanne McAuliffe, pulls a pint at the Three Travellers in Dagenham
Picture by Martin Dalton

tion."

To vote for your favourite pub, please log onto www.lbbd.gov.uk/PuboftheYear2014 or if you would like a paper nomination form call Simona

Daniel on 020 8724 8383. The closing date for nomination forms for the competition is Friday, February 28.

If you would like to take part in the public consultation about the

Supplementary Planning Document (SPD) log onto www.lbbd.gov.uk/PublicHouseSPD.

Feedback on the SPD consultation should be received by Wednesday, February 26.

Academy status 'forced' on school

A SCHOOL will become an academy despite overwhelming opposition.

The Dorothy Barley Junior School, in Ivinghoe Road, Dagenham, will be changed to an academy following a decision by secretary of state for education Michael Gove.

The decision was announced in a letter from Lord Nash, parliamentary under secretary for schools, despite the majority of respondents in a public consultation voting against plans for the school to be

taken over by the Reach2 Academy Trust.

Councillor John White, cabinet member for children services, slammed the decision.

He said: "It has nothing to do with the interest of the children or the local community, but is an effort to bully the local authority into a what is in effect, a hidden agenda."

"There have already been concerns raised about the heavy-handed tactics at the Department for Education, where the policy of academisation is high on the agen-

da."

But Lord Nash said that Michael Gove felt the academy plan was the 'best move' to secure the future of the school, which had a 'sustained history of under performance'.

A total of 170 people responded to a public consultation which was carried out by the Department for Education. Of those responses 84 per cent were against the academy plans, 13 per cent supported the proposals while three per cent were uncertain.

A survey by Barking and

Dagenham Council revealed that more than 70 parents were against the academy plans and wanted the school to remain under council control.

Cllr White added: "It is clear the school community supports our improvement plan and has confidence that the support provided by the council is the right way forward. We've seen unparalleled growth in the borough's child population, increases in child poverty, but we have a dogged determination to raise standards in our schools."

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Landmark ASBO served

A MUSLIM convert has been banned from preaching extremist religious views in public after being issued with a new Anti-Social Behaviour Order (ASBO).

Jordan Horner, 20, from Walthamstow, who has been linked to extreme religious groups and individuals, was given the five-year ASBO at the Old Bailey on Friday.

The order - the first of its kind in the country - was sought by Waltham Forest Police with the support of Waltham Forest Council and the Crown Prosecution Service.

Police said Horner has taken part in vigilante patrols and street protests promoting extreme versions of Islam and has also promoted calls for a 'Sharia State' in the UK.

Chief superintendent Mark Collins, of the Waltham Forest Borough Commander, welcomed the court's decision and said: "The granting of an ASBO against Jordan Horner sends a clear message that extremist behaviour will not be tolerated."

Waltham Forest is one of London's most culturally diverse boroughs with almost half of residents from ethnic minority origin and a multitude of religious backgrounds.

The landmark ASBO means that Jordan Horner must not:-

- Be in possession of a loud-hailer in any public place.

- Make any unsolicited approach to any member of the public in order to discuss and/or promote Sharia law,



ASBO: Jordan Horner

thereby causing harassment, alarm or distress, including in proximity of any mosque or other Islamic cultural centre.

- Distribute unsolicited material to any member of the public in order to promote Sharia law, thereby causing harassment, alarm or distress.

- Place or fix any sign, sticker or notice in any public place which damages a public

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- Be together in any public place, except for peaceful worship inside a mosque or other Islamic cultural centre, with four named people.

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New college facilities are tan-tastic



RIBBON: Principal of Redbridge College Ann Thunhurst, hairdresser Jamie Stevens, hairdressing director, Tanya Owens, and beauty therapy director Sarah Harris

CELEBRITY hairdresser Jamie Stevens and former The Only Way Is Essex star Amy Childs helped Redbridge College launch two brand new facilities last week.

X-Factor hairdresser Jamie officially opened the Ilford Skills Academy while Amy cut the ribbon to open Urban Oasis – the college's commercial hair and beauty salons.

They were joined by Redbridge mayor, councillor Felicity Banks, and chief executive of Redbridge College, Theresa Drowley, at the launch last Wednesday night.

Guests were then taken on a guided tour of the new facilities to see college students taking part in hair and beauty

classes lead by the staff from the new training salons.

Jamie told students: "For all of you guys who think that you're just normal hairdressers in a basic college, I was once a normal hairdresser in a much more basic college and these new premises here at Redbridge College are absolutely incredible!"

Jamie was asked to open the Ilford Skills Academy because he is an international ambassador for Matrix Hair Care, which has been a key supporter of the college.

Amy Childs, who will be running a spray tanning course at the college, said: "I think it's absolutely amazing here. I've always been passionate about being

involved with beauty and I'd love to do my training all over again at the Ilford Skills Academy."

Amy, who found fame on reality show TOWIE, studied Level 2 and Level 3 at beauty college, before taking a spray tanning course and then training at a beauty salon.

She added: "One of the best things about TOWIE was that it put me on a platform that allowed more people to come across my beauty and spray-tanning work. I'm now known as the spray tan queen and I just can't wait to demonstrate my tanning course."

College principal and managing director of Ilford Skills Academy, Ann Thunhurst, said: "We're really looking forward to running Amy's spray tanning courses. The qualification validation has come through so we'll be enrolling students very soon."

The Ilford Skills Academy will be used as a training facility for the college's hair and beauty students while the Urban Oasis will provide a real life working environment.

The Urban Oasis will also rent out hairdressing chairs, beauty rooms and manicure tables to existing businesses and local people who are just starting out on their own.



OPEN: Amy Childs cuts the ribbon with Theresa Drowley



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PAINT: Young people take part in a spray paint workshop

Picture by Martin Dalton

Kids get creative

YOUNG people in Ilford got creative and spray painted designs onto t-shirts earlier this week.

The free art classes were led by professional artist Matt Ryan, who is also known as Myco, and took place at the Clementswood Community Centre, in Connaught Avenue,

on Monday and Tuesday.

The event was organised by the East Ilford Betterment Partnership as part of its half term activities.

Wilson Chowdhry, from the partnership, said that the spray art classes were a 'great success'.

He added: "The children also

started to help us put together designs for a large scale art feature to be put at the entrance to our borough on the A406 near the cross road section with Romford Road."

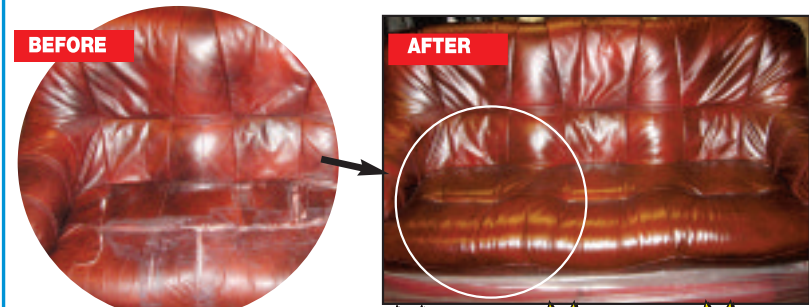
The partnership is now drawing up the proposals to be submitted to the borough's leisure team.

Got a story? Want to have your say?

You can get in touch with us by e-mailing havering@yellowad.co.uk or by the contact details over on page two.

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The pilot scheme is being launched by Waltham Forest Council along with a new reporting pad to make it easier for residents to report dirty dogs and their owners.

Councillor Clyde Loakes, cabinet member for environment, said: “We have one of the largest dog enforcement teams in London, but realistically it is very difficult to catch irresponsible dog owners and issue FPNs as we need to witness the dogs in the act.

“We know residents hate dog mess and so we are calling on them to help us track down the minority of irresponsible individuals who fail to pick up after their dogs.”

Residents are being urged to make a note of the type of dog and its colour, the location and time of the offence and a description of the owner.

They can fill in all the necessary details on the council’s new reporting pads, which can be dropped off at the council offices or e-mailed to the dog enforcement team.

Cllr Loakes added: “It is disgusting to think that children could step in dog mess or it could end up on the wheels of children’s bikes, prams

or even people’s wheelchairs and it then gets spread around schools, homes and cars. Cleaning up after your dog is not a new thing and there is really no excuse for owners to not take on the responsibility, especially when bagged-up dog mess can be put in any street bin.”

To report dog fouling or request a reporting pad, call 020 8496 3000, log on to www.walthamforest.gov.uk/report or e-mail dogteam@walthamforest.gov.uk

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NEWS IN BRIEF

Carers, speak out!

CARERS are being urged to take part in a consultation.

The council is sending out a random sample of questionnaires to homes in Barking and Dagenham to find out whether or not people are getting the right support services.

The closing date for responses is May

Report a tax cheat

TWO taskforces to tackle tax dodgers in Essex and London has been launched.

HM Revenue and Customs (HMRC) will be looking to deal with tax evaders in the

30 and each one will be entered into a prize draw.

For more call Natalie Woods on 020 8227 3957.

Go to The Source

A COMMUNITY hub offering support is opening next Tuesday.

The Source, a Christian centre at Vicarage Field, Barking, will offer advice and activities for elderly, young people and parents.

Seven-day surgery

TULASI Medical Centre GP practice in Bennetts Castle Lane, Dagenham, is now opening for 8am-8pm every day, seven days a week.

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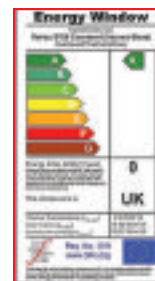


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Youth worker through to final of national awards

A YOUTH worker has been chosen as a finalist at this year's vInspired National Awards.

Sab Bham, from Walthamstow, who was named London winner in the Outstanding Contribution by a Youth Worker category last month, is one of three finalists to go through to the national awards.

The 38-year-old, who runs the Salaam Peace youth group, said: "I feel so honoured to be named a national finalist. It makes me proud to know that what I do makes a difference to young people and

having an organisation such as vInspired recognise that is an amazing bonus. I hope it will help to encourage even more people to get involved and help make a change in their communities."

The awards celebrate the dedication of young volunteers and youth workers and works to challenge negative attitudes towards young people by highlighting their creativity, motivation and generosity.

Terry Ryall, chief executive of vInspired, said: "Sab has shown amazing dedication and passion for helping young

people. He has changed the world and will continue to do so long into the future."

Walthamstow MP, Stella Creasy, said: "I've known Sab for many years and have always been in awe of his tireless work helping young people achieve their potential through sport. His energy and commitment are unparalleled and I'm delighted that this is being recognised through these awards."

The award winners will now be announced at a special awards ceremony at the Indig02 in March.



Youth Worker Sab Bham delighted to be named regional winner of vInspired

Picture by Martin Dalton

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Fire Brigade home fire safety visits dramatically reduce the risk of fire

Recent research released by London Fire Brigade shows that vulnerable people are 18 times less likely to have a fire if they receive a home fire safety visit from firefighters. Taking one or two simple steps could help protect those most at risk. Do you know a person who would benefit? Find out more below.

The London Fire Brigade looked at the 400,000 home fire safety visits attended over the last six years in London and estimated that their impact had prevented around 5,000 fires from starting in people's homes.

In particular the groups who have benefited from these visits were usually those affected by one or more of these risk factors:

- Disability, especially impaired mobility
- Visual and / or hearing impairments
- Mental health problems
- Intoxication by drugs and / or alcohol
- Smoking
- Old age
- Living alone



During a home fire safety visit, which is a free service offered to those most at risk, firefighters offer potentially life saving information on how to prevent fires, and fit free smoke alarms where needed. The majority of fires in the home are caused by cooking, cigarettes and candles, so safety advice focuses on these issues, as well as information on how to escape should a fire break out.

Fire chiefs identified that around 700,000 homes in London are more at risk from having a fire and specifically target their visits at them. The Brigade also helped write national guidance for care workers advising them how to spot telltale signs which might indicate that someone was at high risk of having a fire. Care workers are often the first to see signs like burn marks on carpets from cigarettes or a smoke alarm that needs a new battery.

The rate of accidental house fires reduced in these groups of vulnerable people from 36 per 10,000 people who had not received a visit to only 2 per 10,000 people who had.

Richard Mills, London Fire Brigade Deputy Assistant Commissioner for the North East London area, said:

"Joining forces with our local councils and other partners has enabled the Brigade to reach those most at risk. Home fires can be devastating so it's vital that this important work continues to help protect our most vulnerable people.

"Londoners need to look out for friends and neighbours by following some simple fire safety advice. If you know someone who may be affected by the risk factors, please speak to them about arranging a free home fire safety visit – you may well save their life."

Further information: www.london-fire.gov.uk/homefiresafetyvisit. To book a visit go online or speak to your local fire station.

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Winning singing

A SCHOOL choir is celebrating a singing success at the Stratford and East London Music Festival.

Pupils from Avon House School, in High Road, Woodford Green, won the Primary Religious Songs category in the competition, which was held at St Mary's Church, South Woodford, last week.

Head teacher, Amanda Campbell, said: "The children were so excited to return to school with a large silver trophy which will take pride of place in school. The choir regularly sing to members of the community and they are looking forward to singing their winning entries when they next visit."



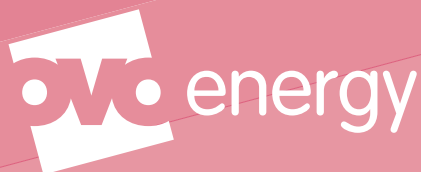
ON SONG: The Avon House school choir with their trophy

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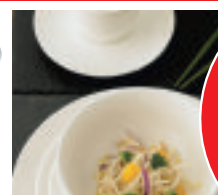
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CHRISTY 'Georgia' Towels 100% Egyptian cotton Guest WAS £8 Now £3 Hand WAS £11 Now £4 Bath WAS £22 Now £8	BEHRENS Goose Feather & Down 13.5 tog duvet Eg. Double WAS £170 NOW £70	VINERS 'Fusion' 3 piece cookware set. High quality stainless steel. Dishwasher safe RRP £100 YOU PAY £39.99	DEMA DESIGNS 'Simplicity' Fine porcelain 20 piece dinner service with 4 free mugs RRP £70 YOU PAY £22.99	BELLEDORM Luxury percale bedding. Eg. Double fitted sheet RRP £32 YOU PAY £10.50	PLANET Ladies long coat. Belted with fur collar WAS £299 NOW £89
NOLTE 'Bianco' 200cm slide robe 2 door WAS £1069 SALE £799 NOW £499	JUDGE Slow Cooker 3.5 litre capacity RRP £56 YOU PAY £19.99	VAX Vacuum Cleaner Bagless. 2100W. Antibacterial Hepa filter RRP £179.99 YOU PAY £79.99	SKYFLIGHT 76cm Trolleycase WAS £110 NOW £44	LEPEL 'Jessica' Full cup bra WAS £25 NOW £5	JAMES MARTIN BY STELLAR 24 piece cutlery set. Quality stainless steel RRP £140 YOU PAY £49.99
				BARBOUR Mens checked shirt. 100% cotton WAS £70 NOW £35	HOTEL Duvet cover & 2 pillowcases. 100% brushed cotton. Eg. Double RRP £90 YOU PAY £36
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Saturday, February 22

■ Cat & Kitten Fair, Spruce Hill Baptist Church, Brookcroft Road, E17.
■ Antiques, Vintage & Collectable Fair, St Teresa's Church Hall, Station Road, Chingford E4 7BJ, 10am-4pm. Refreshments available.

■ Romford Embroiderers, meet on the 2nd Saturday of each month. Speakers and hands-on workshops on embroidery and textile art, traditional and contemporary. Sales table for needle work bargains, library, competitions and outings. Romford United Reform Church, Western Road, Romford, 1.45-4pm, first visit free. 01708 767145.

■ Table Top Sales - Saturdays at St Paul's Community Centre, Barley Lane, Goodmayes, IG3 8XE, books, clothes, dvds and much more, refreshments, free admission, 12noon-3pm, cost per table starts from £8, to book call 07453 782726, allocated on a first come first served basis.

■ Havering Sailing Club (HSC) - Stubbers Outdoor Pursuit Centre (on the B1421 Ockendon Road), every Saturday until end of November, from 12noon, newcomers welcome to join us for faster sessions, no previous experience necessary, call June Hutson 01375 846153 or John Slocumbe 01708 222658 to arrange a session.

■ Tennis - Small friendly Tennis Club in Ilford, we play throughout the year. (Sat afternoons, Sun mornings and three weekday afternoons), low fees, over 50s welcome, details Tom 020 8593 4365 or John 020 8592 1609.

Sunday, February 23

■ Strides Badminton Club - Wanstead Leisure Centre, Redbridge Lane West, Sundays 3.30pm, new members welcome, aged 18 years and over, all levels, beginners, average and advanced

what's on

players, details Mark 020 8598 8435 (before 9.30pm).

■ Sunday Service - Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm. 07974 108350.

■ Sunday Services - Kings Road Baptist Church, Chingford (junction of Kings Road and Scholars Road), 11am and 6.30pm.
■ Sunday Services - Higher Life Christian Centre, Forest YMCA, 642 Forest Road, Walthamstow, 10am-noon.

■ Learn to Dance Modern Jive - Hainault Forest Community Centre, every Sunday 7-10.30pm. 07768 005858.

■ Dance to Traditional Jazz - Hornchurch Conservative Club, 25 North Street, rear lounge bar, every Sunday, 8.30-11pm.

Monday, February 24

■ Meeting - Hornchurch Photographic Society, Ardleigh House, Ardleigh Green Road, Hornchurch, every Monday (except Bank Hols) 7.45-10pm, beginners/experienced photographers welcome. 01708 472301.

■ Arts and Crafts - Unity Hall, Bramley Close, (off Oakfield Road), Walthamstow, friendly group for adults, every Monday afternoon, 020 8527 1454.

■ Short Mat Bowls - Warren Heath Short Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, Mondays and Fridays 7pm, further details Tony or Heather 01708 340874.

■ Music Circle - Music Listening Appreciation Group, Rectory Library, Rectory Road, Dagenham, every Monday 7pm (except Bank Holidays), admission free. 020 8592 8821.

■ Friendship Club - Plume of Feathers Pub, Church Hill, Loughton, for singles 50 plus, Mondays 7.30pm, further details

Tuesday, February 25

■ New affinity Friendship Club & Social Club. Days out, weekends away, theatre/cinema loads more activities 07731 969819. www.newaffinity.org.uk

■ Gadabouts Social Club - Havering Indoor Bowls Club, Hornchurch, 8.15pm, for single people aged 40 plus, full monthly programme of events, further details 07528 370643.

■ Tweedway 50plus Sports Club - Havering Road Methodist Church Hall, Moray Way, Rise Park, Romford, £3 each includes tea/coffee and biscuits (bring own cup/mug), playing short mat bowls,

snooker, table tennis, darts, rummikub and scrabble, 8-10pm, new members welcome, further details Pete 01708 728448.

■ Blind or Partially Sighted? - Come and meet us at Yew Tree Resource Centre, 20 Yew Tree Gardens, Romford, every Tuesday 12.30-4pm, details 01708 724067 or 07939 603437.

■ Stroke Club - Parkside Stroke Club, Parkside Community Centre, Goodmayes Lane, every Tuesday 1.30-4pm. 020 8595 3973.

■ Romford YMCA Social Club - Rushgreen Road, Romford, for over 50s, 1.80 entrance includes refreshments, entertainment, quizzes, details Denise 01708 766211 ext. 217.

Wednesday, February 26

commentary, along the Thames, starts from the sundial near Tower Hill tube station. It finishes at Sloane Square with an optional fish and chip lunch at Waterloo

■ Yoga/Plates Inspired Fitness- HASWA Kilmarlin Way, Elm Park 7.30pm 07821 969405/01708 556490.

■ Romford & Brentwood Folk Dancing Group meets every Wednesday during term time at the Chadwick Hall, St Michael's Church, Gidea Park from 8.00pm To 10.00pm. Details 01708 345691. £2 including refreshments

■ Time-4-U - The Royals Youth Centre, The Broadway (Tesco underpass),

■ Rainham, 'drop-in' facility Wednesdays 7.30-9pm, advice and support to families, friends, siblings and youngsters who have to care for an Alcohol/Drug Abuser, no need to book, confidentiality assured, qualified counsellors. 07765 273440.

■ Hard of Hearing? - Come and meet us at Yew Tree Resource Centre, 20 Yew Tree Gardens, Romford, Wednesdays 12.30pm onwards, details 01708 724067 or 07939 603437.

■ Meeting - Talking Hands, a friendly Club for the Deaf and Hard of Hearing, Wednesdays 10.45am-2.45pm, York Room, Ilford Library.

■ Table Tennis, Forest Community, Guildford Road, Walthamstow, every Wednesday 8pm, new members welcome, details Ray Massey 020 8524 4289.

■ Fun and educational parent and toddler music sessions - The Parish Centre, St George's Church, Harold Hill, Wednesday mornings, aimed at ages 1-3, call Kerrie 07940 557469.

■ Meeting - North Romford Camera Club, Community Centre, Collier Row, Romford, Wednesdays 8pm, new members welcome. 01708 725849.

Thursday, February 27

■ Rock 'n' Roll Dance Night, every Thursday, Chingford Rugby Club, Waltham Way, E4 8QA, 7.30-11pm, £5 entrance, call Malc 07860 664493.
■ Need a chat and a cuppa with a friendly face? We have a weekly 'Drop In' which is a group of friendly people like yourselves who just want an afternoon of company. We are at St Andrew's Church E17 Church Road E17 6AR, every Thursday at 2-4pm and we'd be very please to see you. The W15 bus stops right outside and the 158 bus is a short walk away.

■ Circle Dancing to World Music - Quaker Meeting House, 1a Jewel Road, Walthamstow, 2-4pm, £4 including refreshments, beginners welcome, no partner needed, further details Pat 020 8556 3508.

■ Meeting - Ilford Centre Townswomen's Guild, St Alban's Church Hall, Albert Road, Ilford, 2-4pm.

■ Over 40s Social Club - RUSSC Club, Mawney Road, Romford, join our lively friendship club, Thursdays 8.30pm, further details Linda 020 8984 9613.

Friday, February 28

■ Widows and Widowers Social Support Group - YMCA, Romford, every Friday 7.30pm, further details Bernard 01708 450572 Sue 01708 440255.

■ Friendly Club - Pensioners Club at United Services Club, Blake Avenue, Barking, Fridays 12.30pm-3pm, all pensioners welcome. 020 8517 6256.

■ Flower Arranging for beginners - South Hornchurch Community Centre, Nelson Road, Rainham, every Friday 11.30am-1.30pm, 5 per session, free tea and biscuits plus raffle, further details Sandra 01708 554385.

■ Meeting - Redbridge 18 Plus, York Room, Ilford Central Library, Clements Road, Ilford, Fridays for 18 to 36 year olds, sports and social club.

■ Pipes and Drums - Waltham Forest Pipe Band, Royal British Legion, 31 Dunton Road, Leyton, pipers, drummers and learners welcome, Fridays 8pm. 020 8520 1727.

■ Golden Yoga Classes - Collier Row Community Centre, Fridays 9.30-11.30am, 5 per session, call 01708 766308.

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SUSAN attractive single female looking for really nice guy for cosy nights in and fun nights out. Go on give me a call and let's go out or have a chat. **Tel No: 0906 500 6358 Box No: 409411**

JULIE attractive 27yr old female with GOSH looking for male up to 36yrs for good times and adult fun. No ties or strings attached. **Tel No: 0906 500 6358 Box No: 408255**

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KIM attractive single lady new to area looking for meet new friends and maybe a new love interest. I have many hobbies and am interesting to know, pls call me. **Tel No: 0906 500 6358 Box No: 408489**

MARIA petite curvy brunette, into keep fit, running, beauty, looking for nice genuine tall N/S guy with no ties for fun adult companionship. **Tel No: 0906 500 6358 Box No: 405099**

HEATHER enjoys holidays, eating in with a large bottle of wine, cooking, meeting new people seeking interesting male to get to know a little better. **Tel No: 0906 500 6358 Box No: 408509**

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CATH attractive tall blonde, likes travel, walking, romantic nights out, cosy nights in, looking for Prince Charming, must be passionate and loyal. **Tel No: 0906 500 6358 Box No: 408245**

KAREN blonde, long legged, many interests, very young looking, outgoing, adventurous, likable, WLTm my soul mate, could that be you? Pls call me. **Tel No: 0906 500 6358 Box No: 407953**

CATHY divorced independent hopeless romantic seeking special gent to spend really nice times with, get to know and take it from there. **Tel No: 0906 500 6358 Box No: 407623**

HI not going to give much away on here, if you want to know anything about me and believe me you won't be disappointed! You know what you have to do. ACA. **Tel No: 0906 500 6358 Box No: 408725**

SARA 34yr old single mum looking for a genuine male to make me laugh again and help put the spark back into my life. Looks unimportant. **Tel No: 0906 500 6358 Box No: 408501**

KATE 47yr old slim brunette, considered attractive, likes cooking, meals out, animals and WLTm tall confident man with own hair and teeth. **Tel No: 0906 500 6358 Box No: 407617**

SATURDAY night blues! Home alone again and looking for male companionship. Blonde, slim, 32yrs, attractive, what are you waiting for? Call me if you're normal and lovely. **Tel No: 0906 500 6358 Box No: 408867**

TRACY 33yrs, attractive, well travelled, grounded, looking for nice male who will be respectful to enjoy adult companionship without complications. **Tel No: 0906 500 6358 Box No: 408493**

TAYLOR attractive very busty curvy black female looking for fun times with open-minded male who is also looking for fun. **Tel No: 0906 500 6358 Box No: 408311**

BETHANY 25yr old blonde, slim size 10 with great personality, looking for nice guy to share my life with, single dad welcome. **Tel No: 0906 500 6358 Box No: 408253**

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O's BACK ON COURSE AFTER MINI WOBBLE

Orient

Leyton Orient 2 Stevenage 0
Sky Bet League One
By Rowland Lyons at the Matchroom Stadium

LEYTON Orient moved back in automatic promotion contention after a hard-fought win – their first in five games – against rock bottom Boro on Tuesday night.

Moses Odubajo and Chris Dagnall were on target for the O's, who struck a psychological blow on their nearest rivals Wolves and Brentford – who both meet at the weekend.

Fresh from an encouraging weekend draw at high-flying Preston, and with Hull loan man, Eldin Jakupovic, making his second Orient debut between the sticks, Orient boss, Russell Slade, replaced Lisbie with Dagnall.

And, the change had the desired effect as the former Barnsley man forced Chris Day into a fine 14th minute save, only for Odubajo to

pass the rebound home to give the home side a worthy lead.

The rampant O's didn't have to wait long to double their lead, when, on 23 minutes, David Mooney dispossessed Boro's Jon Ashton and unselfishly played in Dagnall, who crashed the ball home for his third and first home goal in Orient colours.

Stevenage briefly threatened before the break and came closest when former Orient schemer, Jimmy Smith, brought a fine save out of Jakupovic.

Orient had to survive several nervous moments after the break as Boro laid siege on the Orient goal.

Smith again went close soon after the turn around, but Stevenage wasted chances, with Christain Zoko blasting the best opportunity high and wide.

Dagnall should have made the points safe on the hour, but allowed Luke Jones to make a block after Mooney and Cox had opened up the visiting defence.

Boro at least deserved a goal for all their second-half endeavour, but again they found Jakupovic showing his Premiership class with a splendid one-handed block in stoppage from sub, Michael Doughty's piledriver.

A delighted Slade said: "It was a good, solid performance – particularly in the first half. We should have got a third goal – which would have put the game to bed – but fair play to Stevenage. They came at us in the second half and created a few chances."

"I was pleased for Dagnall, but I was pleased for the team and the club that we won and got the three points. But, it was also about keeping Stevenage out and Jakupovic made a great save at the end".

Slade concluded: "The most important thing about a solid team performance is that it gives us something to build on for Saturday against Swindon Town." (kick-off 3pm).

Matchwinner, Dagnall, added: "It was a massive and important victory – not having won for four games – it

was massively important to get back to winning ways. After some early chances, it took two goals to finally put the game to bed. And, it was nice to get off the mark here [at home] and David Mooney's pass gave me a tap-in – but on another night I could have had three."

Boro boss, Graham Westley, admitted: "After the first 24 minutes we started to work our way back into the game and chances were there for us – but we weren't as clinical as them."

LEYTON ORIENT: Eldin Jakupovic - Scott Cuthbert, Mathieu Baudry, Nathan Clarke (captain), Gary Sawyer - Moses Odubajo, Dean Cox, Lloyd James (Jamie Ness 83), Romain Vincelot, Dean Cox - Chris Dagnall (Shaun Batt 75), David Mooney, Subs (not used): Jake Larkins, Robbie Simpson, Yohann Lasimant, Marvin Bartley, Kevin Lisbie.

STEVENAGE: Chris Day - Jimmy Smith, Luke Jones, Jon Ashton (captain), Peter Hartley - Lucas Akins, Dean Parrett, John Mousinho (Darius Charles 62) - Christain Zoko, Felipe Morais (Roarie Deacon 63 mins) replaced by Michael Doughty 78), Luke Freeman, Subs (not used): Steve Arnold (gk), Jordan Burrow, Chris Obeng, Joseph N'Goussan.

Woodford first half storm secures win over league leaders

Rugby

Essex U15s League Division 2
Woodford 31 Westcliff 15

WOODFORD'S first game in four weeks on Sunday following the atrocious weather was against league leaders Westcliff sitting at the top of the table with a perfect 12 points after their opening four games.

Dan Farrelly caught the kick off cleanly and made a direct run at the Westcliff backs. He jinked pass the first tackle to through to the Westcliff 22. As he was brought down, Will Curness and Euan Fay were quickly in support. Each drew a defender and passed Giving Jamie Ali on the right wing the challenge of sprinting round the Westcliff cover defence before placing the ball down between the posts.

With Alex Marks assured kick, Woodford led 7-0 with barely a minute played.

Westcliff were not going to make the same mistake at the restart and followed their kick off smartly. Woodford drove forward but Westcliff secured turn over ball but their move up field was halted with by the unyielding Jed West. Marks, then



Action from the game

Farrelly in the tackle. Fay showed his strength and power in holding up the ball in the next drive, as Woodford refused to allow play out of the Westcliff half.

Westcliff gained some momentum but a trademark kick from West cleared the danger.

Woodford were strong in the scrum and the tackle, and were causing Westcliff problems with their kicking. With Victor Chujor, West and Mick Chamberlain in support of Fay, more ground was made up as Woodford pressed inexorably to the tryline.

Whenever Westcliff tried to break out they were closed down. Marks'

tackle gave Mead the chance to pass to Chamberlain, and then to Fay but Westcliff defended well. Farrelly nearly managed to exploit a dropped pass on the right wing but the cover defence was good.

The degree of domination by Woodford was such that Westcliff's first move into the Woodford 22 came after 16 minutes had been played. Even then, two knock-ons returned the initiative to Woodford.

Another huge kick by West was chased and collected by Chujor on the Westcliff 22. Mead, Marks and Sohoye combined again well, and after West made up more ground,

Mead kicked into touch 5 yards out to prevent Westcliff regaining possession. From a three man line out West's strength sparked the next move into life, before Mead secured a loose ball and offloaded to Curness to power over the line between the posts. With Marks converting, Woodford led 19-0 after 22 minutes.

Westcliff's half time talk must have been Churchillian with heads high and the focus on aggressive attack. West pulled off a massive swinging tackle into touch, and with Westcliff winning the resultant line out, he was called into action again, together with Sohoye.

Westcliff were looking stronger and despite further strong tackling from Phillips and Chujor, and a vital last ditch stop by Ali, Woodford were starting to look a little rattled.

A high Westcliff kick was secured by Hamilton who ran it back into the opposition half, but unlike the first half, the visitors were gaining some real attacking momentum and went right back at Woodford getting a deserved try on the left.

A driving run from Hamilton was cut short by resolute Westcliff tackling and the visitors broke threateningly. Farrelly brought down one man, but the passing move continued. Fay then blocked well, but Westcliff were not to be denied and they powered through for a further score. Unconverted the score stood at 31-10 with 56 minutes gone.

The last try of the game went the way of Westcliff. Despite Farrelly making yet another well-timed last ditch tackle, Westcliff passing and determination saw them power over on the left.

This final move of the game saw Westcliff reduce the deficit to 31-15.

Forest men back to winning ways

Hockey

Waltham Forest Men 3 Bishops Stortford 1

MISSING a number of key players, Forest played hosts to Bishops Stortford on Saturday, a team that surprised them earlier in the season when they lost 3-1.

Forest started strongly and were awarded an early Penalty Flick that Nico Kurt confidently converted. Forest continued to move the ball around with sharp attacking play despite a very compact and hard working performance from Bishops Stortford.

It was the visitors however who equalised from a Penalty Corner halfway through the first half and it was all square at the break.

Forest responded well after the break and some fantastic counter attacking hockey saw James Price beat two defenders before playing a delightful ball across the D to find Rich Lowe who calmly slotted in past the oncoming keeper.

Bishops Stortford worked hard to pressurise the home side, but were unable to create any clear cut chances.

Chris Drewe sealed the win after some unselfish play from Phil Peacock who might have scored himself.

Football

Triumph for Gulls

Non-league round up by Brian Jeeves
CANVEY Island picked up three useful Ryman Premier League points against second place Dulwich Hamlet at the Prospects Stadium.

Vidal gave the visitors an early lead, but goals before the break from Jay Curran and Harrison Chatting sent the majority of the 341 crowd home happy and moved the Gulls into tenth place.

AFC Hornchurch closed the gap on the leaders with an entertaining 4-2 win over Leiston. Stefan Payne (2), George Purcell and Leigh Bremner found the net for the Urchins. This result leaves Hornchurch in fourth, but with four games in hand over table toppers Maidstone United.

In the Rym an North, Maldon & Tiptree had a disastrous afternoon at Dereham Town, going down 6-1, but there was better news for Burnham Ramblers. Two goals from Bradley Nobbs plus strikes from Terry Griffiths, Billy Hunt and Dan Williams gave the Ramblers a 5-0 win over luckless Barkingside, all the goals came in the second half.

Tilbury reached half time four goals behind at Wroxham. Harrison Tweddell and Mitchell Gilbey pulled goals back but the Dockers went down 4-2.

Once again, the Essex Senior League programme was completely washed out, however, several games went ahead in the Olympian League on 3g artificial pitches.

In Senior Division One Leigh Ramblers beat Westhamians 3-1. While Hutton won a ding-dong affair with Herongate Athletic 6-4.

Ryan FC and Debden Sports played out a 3-3 draw in Senior Division Two, and in Alemitic Athletic won their Division Three game with Catholic United by the odd goal in five.

Cycling

Riders prepare for 75-mile trek



The 'SEG's 75 Reliability Ride', organised by the South East Essex Members' Group (SEG) of the Cycling Tourists' Club (CTC) charity, takes place on February 23.

This established 75-mile event, which takes in some beautiful countryside, is considered by many to be the first 'real' Essex cycle ride of the year.

Starting from Wickford, there are three start-time options - 8.30am (7-hour ride), 9am (6-hour ride) and 9.30am (5-hour ride).

Go to: http://www.essexcycling.co.uk/events/ctc_seg75seg75_cover4web.htm for more information.

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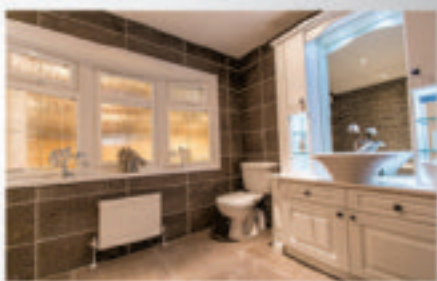
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